

Nutrition Policy



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Objective

Define strategies that contribute to the eradication of chronic malnutrition in early childhood, promotion of healthy lifestyle habits and development of healthy and accessible food.

Introduction

Eating healthy is essential to achieve a good state of health and well-being that allows people to have a better quality of life. According to the United Nations, and in concert with the signatory countries of the definition of Sustainable Development Goals, guaranteeing a healthy life and promoting development for all ages should become a priority for nations as no person in the world should suffer hunger and malnutrition.

According to data collected from studies by the World Health Organization in 2017, 2.8 million adults worldwide die every year as a result of being overweight or obese. In Colombia, data reported by the Ministry of Health in the 2015 national nutritional situation survey (ENSIN in Spanish), 1 in 2 adults is overweight or obese, while 30.7% of children between 0 and 12 years old are in this condition, becoming a population susceptible to noncommunicable diseases such as diabetes. At the other extreme, in Colombia chronic malnutrition affects 18.2% of children between 0 and 12 years old, which can have consequences on their physical and cognitive development. Therefore, it is important to build strategies that promote adequate nutrition in humans.

Efforts to promote health and well-being on populations must be in two ways, on the one hand, national governments must work to guarantee access to nutritional education, and other sectors of society, such as business, develop initiatives to impact their stakeholders. In this sense, the Consumer Goods Forum declares that manufacturers and retailers have a key role in improving the health and well-being of consumers, their employees, and the communities in which they have an impact. For this reason, it motivates among their members, planning, and implementation of special projects aimed to accomplish this challenge.

Food producers have a high responsibility role with consumers to offer food that is suitable for eating, of excellent quality, and with real nutritional benefits. Thus, Grupo Exito, the largest retail company in Colombia, works to promote the adoption of healthy lifestyle habits among its employees and customers, for which reason it incorporated as one of its sustainability strategic axes, encouraging healthy living, designing a Nutritional Policy that guides and focuses this interest.

Scope

This policy applies to all Group Exito's processes focused on food, health, and nutrition for its stakeholders.

Definitions

Chronic malnutrition: chronic malnutrition as a disease is characterized by deterioration in body composition and systematic alteration of organic and psychosocial functions that in some cases are irreversible. Which is generally associated with insufficient consumption in quantity and quality of food during prolonged and persistent periods.

External client: external people to the Company, such as suppliers and customers.

Internal client: Company employees.

Nutrition: the biological process through which the body obtains and takes advantage of nutrients from food. Nutrition also studies the relationship between food nutrients and health.

Nutritional profile: macro and micronutrients content of a product.

Healthy-less healthy products or food: food or food products classified according to the criteria defined by the company, which is an adaptation of the *Nutrient Profiling Technical Guidance* proposed by the Food Standards Agency (FSA). This guide consists on the weighting of positive (protein and fiber) and negative nutrients (saturated fat, sugar, and sodium). Healthy foods or products are those in which the positive nutrient rating is higher than the negative nutrient. Whereas, in less healthy foods or products, the positive nutrient rating is lower than that of negative nutrients.

Integral health: complete and ideal state of well-being that is achieved with a balance in the physical, mental, and social aspects, which should not be understood only as the absence of affections or diseases.


Declaration



Grupo Éxito, being the leader in retail in Colombia, recognizes its important role in nutrition, which is why it promotes the integral health of its stakeholders and operates under the guidelines described in the following areas:

Child nutrition

Strategies managed through Fundación Éxito positively impact child nutrition, to ensure that no child under 5 years of age is chronically malnourished in Colombia by 2030.



Development and innovation of nutritional products aimed at children under 12 years of age are based on the healthy nutritional profile defined by the Company, which determine the portfolio of our private brands for this population.

Advertising aimed at children under 12 years of age is applied under responsible practices defined in the company's self-regulatory policy that seeks to promote proper nutrition and healthy and active life in this population.

Protection of nursing mothers and babies is developed through strategies that meet the criteria defined in the WHO/UNICEF International Code of Marketing of Breast-milk Substitutes.

Nutritious, healthy, and accessible food

Improvement of the nutritional profile of our private brand through the design and development of products responds to the nutritional and health needs of the Colombian population.

Access to food is issued through our private brands with multi-category products that adapt to customers' needs.

The portfolio of healthy products is continually strengthened under the standards of the Food Standards Agency (FSA). Organic or minimally processed products are offered, among alternatives that respond to specific consumer needs.

Innovation and development of products with nutritional and health benefits are carried out through co-creation processes with suppliers.

Food education and promotion of healthy habits

Food and nutrition education for our internal and external clients is promoted with access to information that helps healthy decision making.

The promotion of healthy lifestyles in employees and external clients is developed through strategies focused on diet, hydration, physical activity, and rest.

Voluntary labeling under the Guideline Daily Amounts (GDA) scheme is applied to private brands, to offer consumers quick access to information on risky nutrients in food. Processes and definitions are constantly adapted to comply with the legal and regulatory requirements on product labeling established by the country's regulatory entities.



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